

Wisconsin Public Psychiatry Network Teleconference (WPPNT)

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UNIVERSITY OF WISCONSIN
Center for Tobacco
Research & Intervention

Integrating the Treatment of Tobacco Dependence into the Wisconsin Behavioral Health Care Delivery System: Where do We Stand and How do We Motivate Our Patients to Quit?

WPPNT

November 6, 2014

Bruce Christiansen

Objectives:

1. Have we integrated the treatment of tobacco dependence into the Wisconsin behavioral health care system? (system change)
2. How do you treat tobacco dependence, especially smokers who are not motivated to make a quit attempt? (clinical change)

Setting the stage



What do we know about the intersection of smoking and behavioral health?

What do we know about the intersection of smoking and behavioral health?

- High Prevalence

Tobacco Use by Diagnosis

Schizophrenia	62-90%
Bipolar disorder	51-70%
Major depression	36-80%
Anxiety disorders	32-60%
Post-traumatic stress disorder	45-60%
Attention deficit/hyperactivity disorder	38-42%
Alcohol abuse	34-80%
Other drug abuse	49-98%

U.S. Adult Smoking Rate: 19.3%

(Beckham et al., 1995; De Leon et al., 1995; Grant et al., 2004; Hughes et al., 1986; Lasser et al., 2000; Morris et al., 2006; Pomerleau et al., 1995; Stark & Campbell, 1993; Ziedonis et al., 1994)

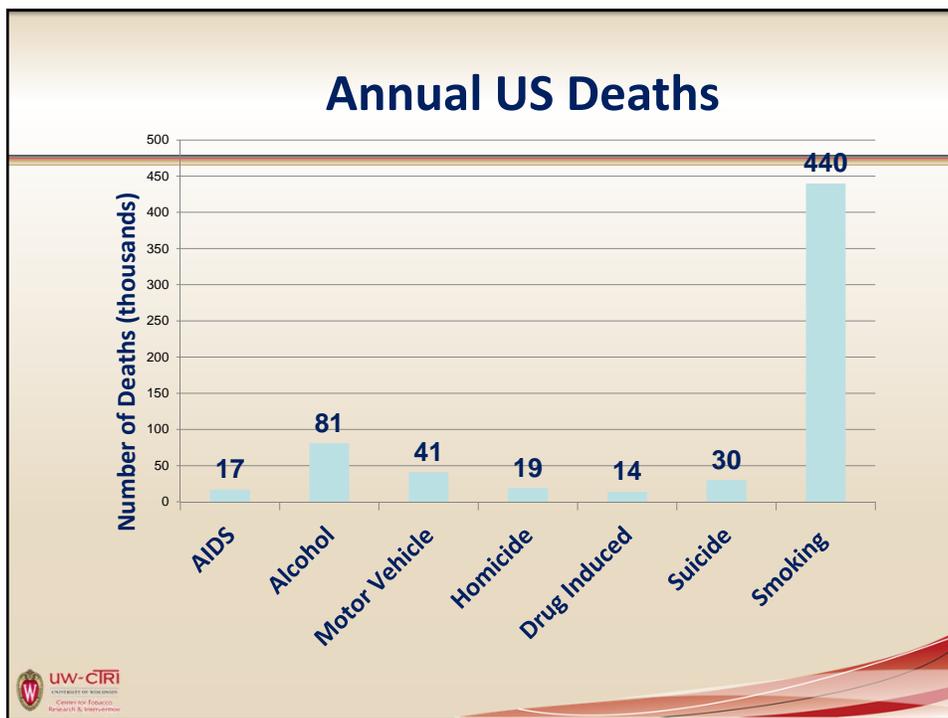
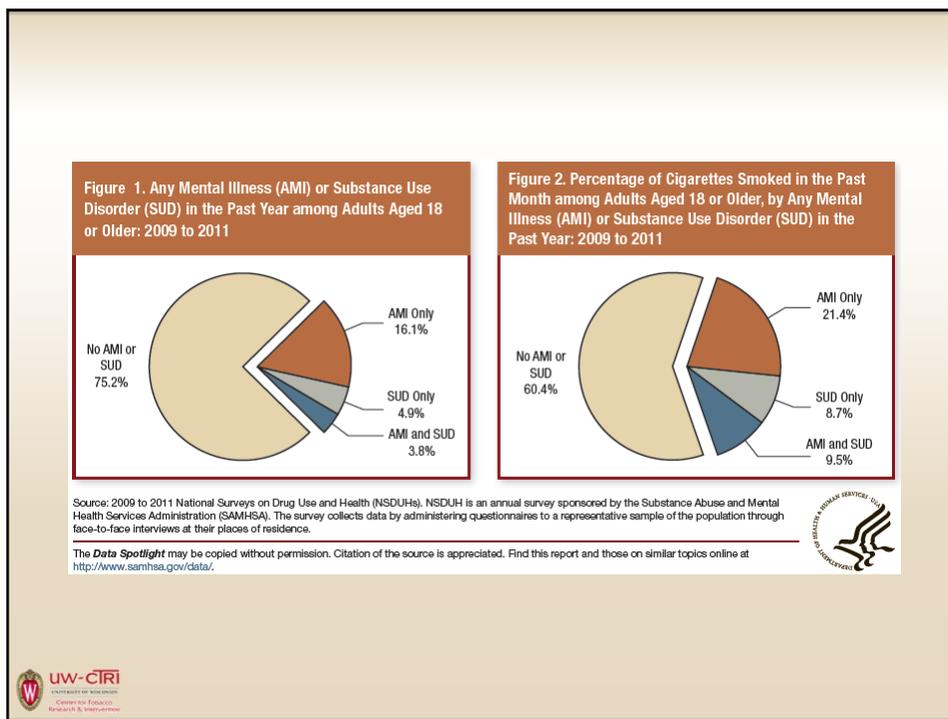
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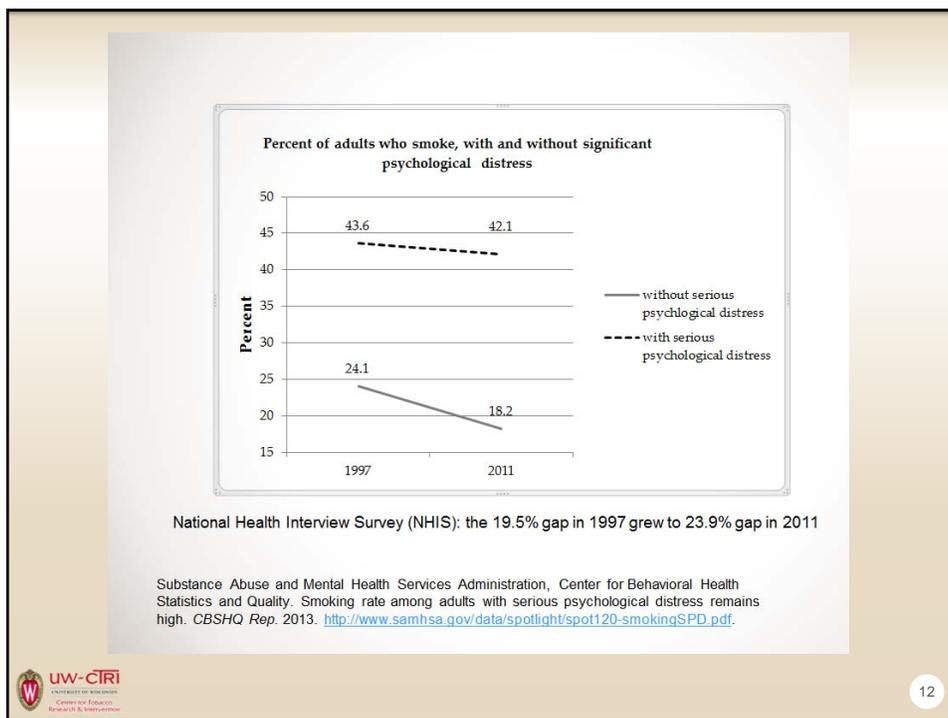
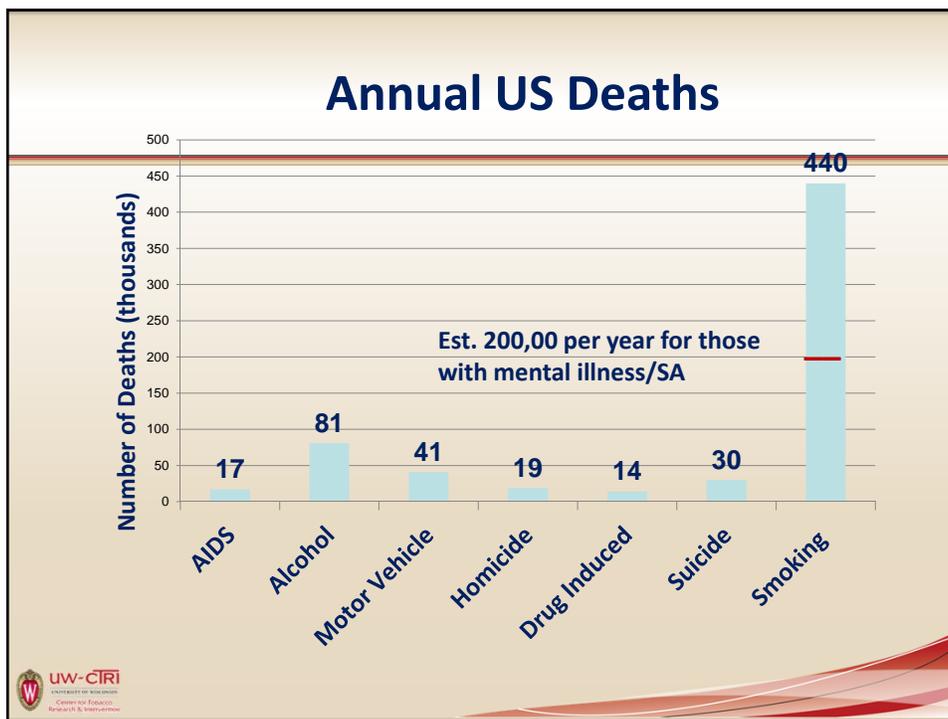
Prevalence

No. of Lifetime Psychiatric Diagnoses	% Light-Moderate Smokers	% Heavy Smokers	Total % Smokers
0	12	13	25
1	10	18	28
2	12	20	32
3	20	22	42
4	22	30	52
>4	20	35	55

Adapted from Lasser, 2000

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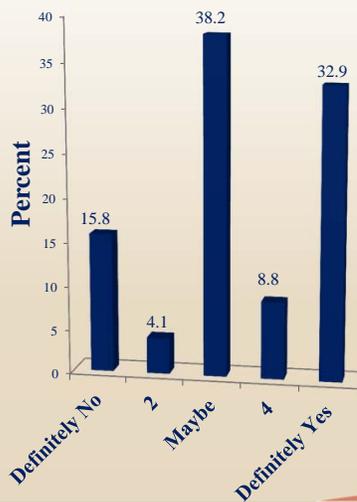




What do we know about the intersection of smoking and behavioral health?

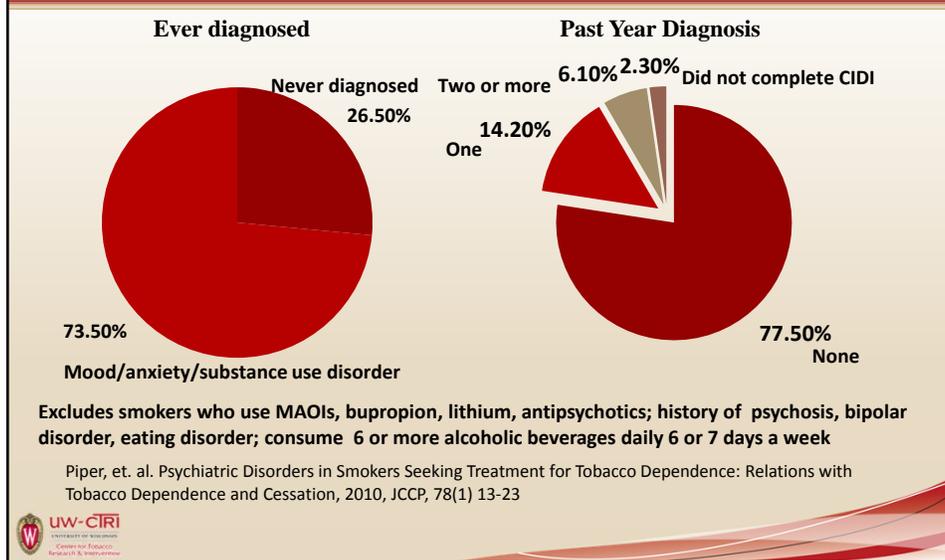
- High Prevalence
- People with a mental illness want to quit

Would you like to quit?



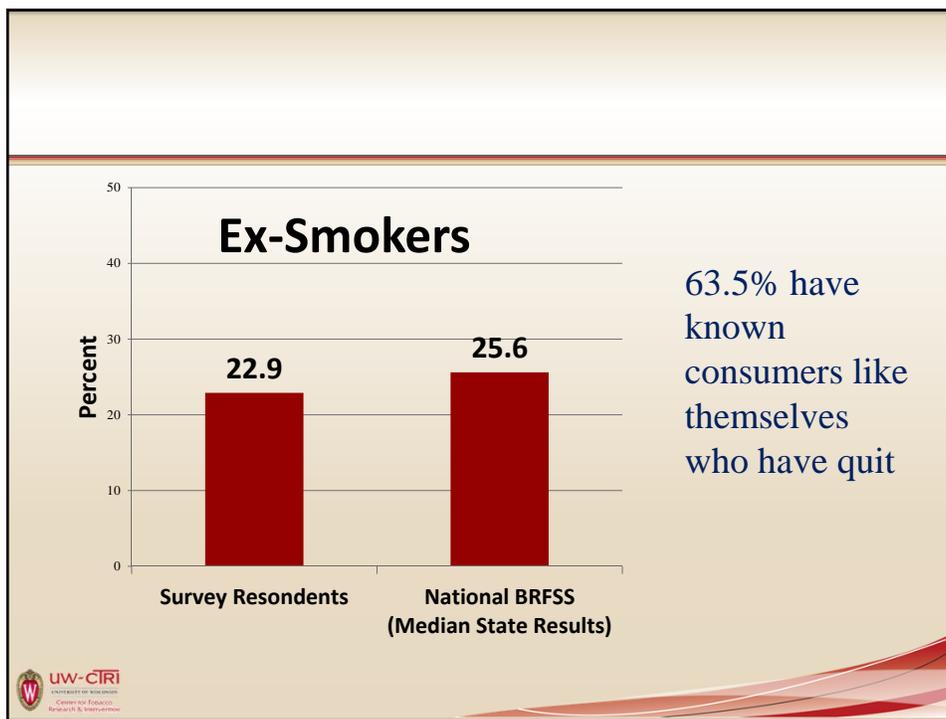
- **83.1% of smokers have tried to quit**
- **46.7% said this was a good time to quit**

1,470 Smokers Seeking Treatment in a Randomized Clinical Trial



What do we know about the intersection of smoking and behavioral health?

- High Prevalence
- People with a mental illness want to quit
- People with a mental illness can quit



What do we know about the intersection of smoking and behavioral health?

- High Prevalence
- People with a mental illness want to quit
- People with a mental illness can quit
- Your patients will have better outcome if you help them quit.

A meta-analysis of 19 studies found that providing smoking cessation interventions during addictions treatment was associated with a 25% greater likelihood of long-term abstinence from alcohol and illicit drugs. Contrary to concerns, smoking cessation interventions during addictions treatment appears to enhance rather than compromise long-term sobriety. (Abstinence from smoking was far more modest.)

Procheska, Delucchi, and Hall, (2004) A Meta-Analysis of Smoking Cessation Interventions with Individuals in Substance Abuse Treatment or Recovery. *Journal of Consulting and Clinical Psychology* 72(6) 1144-1156



When the effects of treating tobacco dependence simultaneously with alcohol dependence was compared with delaying the treatment for tobacco dependence by six months, there were no differences in alcohol abstinence rates. Initial abstinence from tobacco was higher when simultaneous treatment was provided.

Nieva, Ortega, Mondon, Ballbe and Gual (2010) *European Addiction Research* 17(1) 1-9



A meta-analysis found that compared to those that did not quit, those that did experienced significant improvements in depression and anxiety and significant reductions in stress.

The amount of reduction in anxiety and depression was equal to or bigger than what would have been expected from medications used to treat anxiety and depression.

Taylor, McNeil, Girling, Farley, Linson-Hawley, Avegard "Change in Mental Health after Smoking Cessation: Systematic Review and Meta-analysis" *BMJ* 2014; 358:g1151



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22% of mental health consumers who smoke report that they started while hospitalized



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What about treatment?

- Psychiatrists: Identify and document smoking status (Ask); 35%
- Child Psychiatrists: Identify and document smoking status (Ask); 14%
- Psychologists: Identify and document smoking status (Ask); 20%
- Psychiatric IP: Identify and document smoking status (Ask); 1%

Price et al, 2007; Prochaska et al, 2004; Heiligenstein, 2004

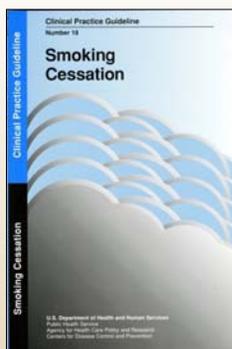


How do you treat tobacco dependence, especially smokers who are not motivated to make a quit attempt?

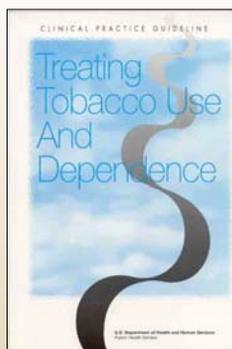


Motivated to Quit

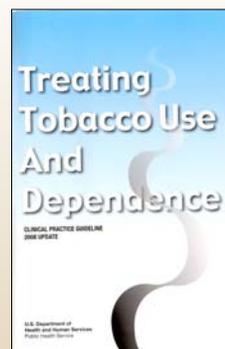
Evidence-based Best Practice



- 1996 - Initial Guideline published
- Literature from 1975 -1995
- 3000 articles



- 2000 - Revised Guideline published
- Literature from 1995 -1999
- 6000 articles



- 2008 - Updated Guideline published
- Literature from 1999 – 2007
- 8700 articles

The Essential Components of Effective Tobacco Dependence Treatment Interventions



"Don't mind Frank. He's just been a little needy since he quit smoking."

© QuitSmoking.com www.quitsmoking.com

The 5 As Intervention Model

Ask about tobacco use. Identify and document tobacco use status for every patient at every visit.

Advise to quit. In a clear, strong and personalized manner urge every tobacco user to quit.

Assess willingness to make a quit attempt. Is the tobacco user willing to make a quit attempt at this time?

Assist in quit attempt. For the patient willing to make a quit attempt, use counseling or pharmacotherapy to help him or her quit.

Arrange follow-up. Schedule follow-up contact, preferably within the first week after the quit date.



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What are Quit Lines?

- Free, confidential, tailored
- Available in every state
- May provide medication as well as counseling
- Staffed by highly trained, expert counselors
- One point of access: 1-800-QUIT-NOW (784-8669)
- Can dramatically improve chances of successfully quitting smoking
- Recommended by the U.S. Public Health Services Clinical Practice Guideline for Treating Tobacco Dependence



Telephone Quit Lines

- Counseling
- Medication?
- Other services
 - Quit workbook
 - Materials for support people
 - On-line support (quit plan formation, support, ask the expert)
 - Information on local programs
- Multiple ways to access:
 - Telephone
 - On-line
 - Fax to Quit
 - Electronic transfer



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Medications

Seven first-line medications shown to be effective:

- Bupropion SR
- Nicotine Gum
- Nicotine Inhaler
- Nicotine Lozenge
- Nicotine Nasal Spray
- Nicotine Patch
- Varenicline



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Medications

FDA (3-13)

The changes being recommended by FDA include a removal of the warning that consumers should not use an NRT product if they are still smoking, chewing tobacco, using snuff or any other product that contains nicotine— including another NRT.

- There are no significant safety concerns associated with using more than one OTC NRT at the same time, or using an OTC NRT at the same time as another nicotine-containing product— including a cigarette. If you are using an OTC NRT while trying to quit smoking but slip up and have a cigarette, you should not stop using the NRT. You should keep using the OTC NRT and keep trying to quit.
- Users of NRT products should still use the product for the length of time indicated in the label— for example, 8, 10 or 12 weeks. However, if they feel they need to continue using the product for longer in order to quit, it is safe to do so in most cases.

Medications

- Relapse response
- Combination medications
- Long term use
- Pre-quit use

II. The 5 As Intervention Model



"I just thought I'd drop by personally and congratulate you on your accomplishment. No one has ever quit smoking 17,000 times in one year before."

© QuitSmoking.com

www.quitsmoking.com



Not Motivated to Quit



Motivating the Unmotivated

For Smokers Not Willing To Make A Quit Attempt At This Time

Guideline Recommendation: Motivational intervention techniques appear to be effective in increasing a patient's likelihood of making a future quit attempt. Therefore, clinicians should use motivational techniques to encourage smokers who are not currently willing to quit to consider making a quit attempt in the future.



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Motivating the Unmotivated - Counseling

The 5 Rs

- Relevance
- Risk
- Rewards
- Roadblocks
- Repetition



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Motivating the Unmotivated

- Pre-cessation use of medications
- Practice quit attempts
- Cutting down
 - Systematic reduction
 - Delay first cigarette in AM
 - No smoking in certain locations
 - No smoking during certain activities



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Why might these interventions work for those not motivated to quit?

- Build confidence
- Better time to learn and practice new skills without the pressure of a quit attempt
- Better time to learn and practice new skills than when in full blown withdrawal and its associated emotional upheaval
- Weaken the bonds between cues and smoking



Motivating the Unmotivated - Counseling

Motivational Interviewing (MI)

- Express empathy
- Develop discrepancy
- Roll with resistance
- Support self-efficacy
- Reward change talk



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Decisional Balance Worksheet

Tell me all the good things about continuing to smoke.

Tell me all the bad things about continuing to smoke.

Tell me all the bad things about quitting.

Tell me all the good things about quitting.



Motivating a Quit Attempt

Download from:

<https://uwmadison.box.com/s/d8x939jbpn830b37m0p9>

“Motivating a Quit Attempt in 5 Minutes”



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For more information....

www.ctr.wisc.edu

bc1@ctr.wisc.edu

WWW.helpusquit.org



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Smokers
Insurers
Employers
Advocates
Home

Fact Sheets

All of these materials are free to be reprinted and distributed by researchers, health care professionals and quit-smoking advocates.

QUIT Tobacco Series: General

- #1: [Plan to Quit](#)
- * [Quit Plan: Half-page Tear Sheets](#)
- #2: [Medications Chart](#)
- * [Medi Chart + 5A's](#)
- #3: [Medicaid Covers Cessation](#)
- * [RapidCare Covers Cessation](#)
- #4: [Medicare Covers Cessation](#)
- #5: [FDA-Approved Medications](#)
- #6: [First Week of Quitting](#)
- #7: [What Happens When You Quit](#)
- #8: [Locate Your Local UW-CTRI Professional](#)
- #9: [Quit Chewing Tobacco](#)

Quit Line

- [Order Quit Line Materials](#)
- [Quit Line Fact Sheet](#)
- [Quit Line Web Coach](#)
- [Help for Pregnant Smokers](#)
- [Help for New Parents](#)
- [Help for Teens](#)
- [Fax to Quit \(Ovenline\)](#)

Dental Fact Sheets

UW-CTRI Programs

- [UW-CTRI Programs](#)

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Questions?

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